

# Importance of Ornaments

## Preface

Wearing a nine-yard *sāṛī* (A Bharatiya dress for women), *kumkum* (Saffron) on forehead and adorned with the full set of ornaments, is the traditional identity of a Hindu woman. Ornaments are an invaluable inheritance of the Hindu culture. They have been preserved with pride for generations. With time, however, Hindu culture was influenced by the western culture. As a result, the cultural inheritance in the form of ornaments began to be ignored. Nowadays, in the name of fashion, women do not wear bangles, put on '*bindī*' (Red, round sticker) instead of a mark of *kumkum*. Some consider it a sign of backwardness to use ornaments like broad bangles, nose ring, toe rings etc. At the same time, many have a mistaken materialistic notion that 'ornaments are a medium to show off their wealth'.

The purpose of this Holy text series is to impress upon the mind the spiritual perspective, that an ornament is an object that facilitates the process of obtaining Divine grace. Wearing ornaments enables us to receive Shakti (Divine Energy) and *Chaitanya* (Divine consciousness), reduces the negative energy in the body, protects from negative energy attacks, and the parts of the body where ornaments are worn are subjected to spiritual healing similar to Acupressure.

These Holy texts elaborate on various such aspects along with the related science, thereby revealing the importance of ornaments. It also includes scientific information on comparison of ornaments made from different metals, ornaments for women, men and children, purification of the ornaments etc. To understand the subtle process (taking place after wearing ornaments) is beyond the comprehension of an average individual. Subtle analysis and the subtle-pictures by Sanatan's seekers, who have subtle perception ability, is the special feature of these Holy texts. Subtle experiments conducted with a gold chain, a gold ring, *sāttvik* (*Sattva*-predominant) and *āsurī* (Demoniacal) ornaments by the seekers teach us to look at ornaments from the spiritual perspective. It is not necessary to wear all the listed ornaments for availing spiritual benefits. Depending on individual's financial status, it is perfectly all right even if minimal ornaments are worn as advised by the scriptures; for, more than the 'which' and 'how many' of the ornaments, it is the *bhāva* (Spiritual emotion) with which the ornaments are worn that matters. Those who cannot afford ornaments made of gold can wear gold-plated ornaments or silver ornaments, or at least one such ornament. When compared to the means like chanting, service unto the Absolute Truth etc., during the course of spiritual practice for God-realisation, gains from wearing ornaments are minimal. Yet, for those who are not doing any spiritual practice or for seekers in the preliminary stages, ornaments are a boon from the point of view of increasing *sāttviktā*.

We pray unto the Holy feet of Shrī Guru that, upon reading these Holy texts, may everyone develop a spiritual perspective of looking at ornaments and realise the greatness of Hindu Dharma which has given this invaluable treasure !

- Compilers

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(An asterisk (\*) sign has been placed alongside important points

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